

What Can I Do?

A— Ask about Suicide

Are you thinking about Suicide?

Are you thinking about hurting yourself?

I— Intervene Immediately

Take action and help now!

D— Do not keep a Secret!

Tell others now!

L— Locate Help

Watch/duty, medical, chaplain

I— Inform Chain of Command

Let them know so they may help

F— Find someone to stay with the person

Do not leave the person alone!

E— Expedite!

Get help NOW!



Helping Resources

Naval Hospital

Mental Health
Clinic

Chaplains

Fleet & Family
Support Center

Marine Corps
Community Services

**It is okay to get help!
Getting help is a sign
of strength!!**

Health Promotion and
Population Health Directorate
Navy Environmental Health Center
620 John Paul Jones Circle, Suite 1100
Portsmouth, Virginia 23708-2103
(757) 953-0976

[Http://www-nehc.med.navy.mil/hp/index.htm](http://www-nehc.med.navy.mil/hp/index.htm)

Taking Action=Saving Lives

Taking Action/Saving Lives

Suicide Prevention in the Navy & Marine Corps



Suicide- Who Is At Risk?

- Young
- Old
- Male
- Female
- Active Duty
- Reservists
- Married
- Single
- Officer
- Enlisted
- Family Members
- Retirees



The second leading
cause of death
in the
Marine Corps
and the Navy.

It takes all of us to help
prevent Suicide!
Take Action = Save A Life!

Warning Signs Of Suicide

- Talk or hints of Suicide
- Depressed Mood
- Impulsive Anger
- Substance Abuse
- Relationship Difficulties
- Legal Troubles
- Financial Problems
- Performance and Work Difficulties
- Isolation and Withdrawal

